



Streetsbrook Infant & Early Years Academy

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March 2018

Dear Parents

Re: 30:30 Government Agenda

The Government's Childhood Obesity Plan has set out the ambition for all children to achieve one hour of physical activity every day. The Government has issued the following guidance:

'Every primary school child should get at least 60 minutes of physical activity a day. At least 30 minutes should be delivered in school every day with the remaining 30 minutes supported by parents and carers outside of school time'.

(Childhood Obesity: A Plan for Action 2017)

30:30 Within School

Throughout the school day, staff provide the children with 30 minutes of physical activity which is delivered at two different times of the day - before registration and during lunchtimes. All children are encouraged to join in with the planned physical activity which contributes to their understanding of the importance of keeping their bodies healthy.

The physical activity sessions before registration are led by class teachers and begin at 8.45am, finishing at 9.00am. As these sessions contribute towards the 30:30 Government Agenda we would like every child to be able to join in with the full session. These sessions feature games that encourage movement and engaging exercise routines and videos. Please note these sessions do not require your child to change into their PE Kits.

Children are also physically active during lunchtime and have access to a range of resources that promote movement. In addition to this, once a week fit4schools coaches are working closely with the Lunchtime Supervisors to lead a structured physical activity session. Lunchtime Supervisors continue to deliver the physical activity session for the remainder of the week until the fit4schools coaches set up a new structured physical activity session for the following week.

30:30 Outside of School

As a school we would like to hear about how your child is physically active outside of school. This could be through a range of opportunities such as going to the park, attending an afterschool club, playing in the garden. We would be grateful if you could fill out the attached questionnaire and return it directly to the school office.

Thank you for your support; your feedback is greatly appreciated.

Yours sincerely

G Flanagan
PE Leader



Questionnaire: *How active is your child?* March 2018

Child's Name:..... **Class:**.....

Q1. How well do these statements describe your child?
(Please tick one box and response once for each statement)

	Never	Rarely	Sometimes	Frequently	All the time
My child enjoys being really active					
My child needs motivation to be active					
My child refuses to join in with activity					

Q2. How regularly does your child have 30 minutes of physical activity out of school?

Every day	Once a week	2-3 times a week	4-6 times a week
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Q3. Does your child attend any organised physical activity outside of school?

Activity	Total time spent
Dance/gymnastics/cheerleadinghrsmins
Swimminghrsmins
Sport e.g. football/rugby/crickethrsmins
Other: (please specify)hrsmins
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Q4. How often did your child walk/scoot/ride/run (e.g. to school, friends, shops, park, etc) last week?

Not at all	1-2 days	3-4 days	5-7 days
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Q5. How often did your child visit an outdoor facility such as a park, nature reserve etc last week?

Not at all	1-2 days	3-4 days	5-7 days
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Q6. Does your child have access to any of the following facilities within your back garden or home?

Facility	Yes	No	Briefly outline how often they use these facility
Play equipment (e.g. swing set, slide, climbing frame, trampoline)			
Area suitable to ride a tricycle, bike or scooter etc.			
Large construction resources (e.g. wooden blocks, jumbo Duplo)			
Electronic games that promote movement such as Wii Fit.			
Other, please specify:			